BH Fitness P360 Treadmill

P360 Folding Treadmill

OWNER'S MANUAL

ASSEMBLY OPERATION MAINTENANCE
WARRANTY PARTS ORDERING

CAUTION: *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.*

IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

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ATTACHMENT - A
IMPORTANT SAFETY ADVICE

PRECAUTIONS

This treadmill has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the treadmill. The following safety precautions should also be observed:

1. This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch blow. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.
2. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. To disconnect, turn all controls to the off position, then remove plug from outlet.
5. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this treadmill is kept.
6. It can only be used by one person at a time.
7. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
8. Keep your hands well away from any of the moving parts.
9. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the treadmill. Always wear running shoes or trainers when using the machine.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 years of age or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

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ATTACHMENT - A

IMPORTANT SAFETY ADVICE (Continued)

10. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.

11. Do not place sharp objects near the machine.

12. Disabled people should not use the machine without the assistance of a qualified person or a doctor.

13. Do warm up stretching exercises before using the equipment.

14. Do not use the treadmill if it is not working correctly.

15. Review all the warnings affixed to the machine and replace all the labels if damaged, illegible, or removed. You can obtain the labels from Parts & Service location.

16. Functional and visual inspections of the equipment shall be made after assembly is complete, and thoroughly inspected for proper assembly.

17. A perimeter distance of 3 feet / 1meter is required before operating the unit.

18. The treadmill should only be used for the home not meant for commercial use.

19. This treadmill is not suitable for therapeutic use. Consult a physician prior to starting an exercise program.

20. This treadmill should only be used after a thorough review of the operation manual and the warning label.

21. The weight of the user must not exceed 325 lbs. (128kg.)

22. Keep your hands well away from any of the moving parts.

23. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.

24. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.

25. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

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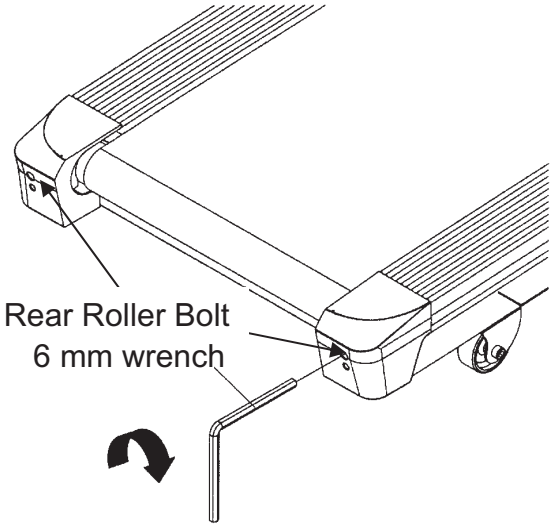
ATTACHMENT - B
REQUIRED TREADMILL LUBRICATION

The running belt can shift to one side or simply 'skid over' when running. To center the belt using the 6mm Allen wrench, run the machine at 3mph for a few minutes to determine which side the belt is drifting towards; left or right.

If the belt is drifting left
i) Turn the treadmill off and unplug from the machine.
ii) Tighten the left bolt a ¼ turn (clockwise).
iii) Loosen the right bolt a ¼ turn (counterclockwise).
iv) Run the belt at 3 mph again for a few minutes. If the belt continues to drift to the left, repeat steps.

If the belt is drifting right
i) Turn the treadmill off and unplug from the machine.
ii) Tighten the right bolt a ¼ turn (clockwise).
iii) Loosen the left bolt a ¼ turn (counterclockwise).
iv) Run the belt at 3 mph again for a few minutes. If the belt continues to drift to the right, repeat steps.
Once the running belt has been adjusted closer to the center, the treadmill can be powered on again.



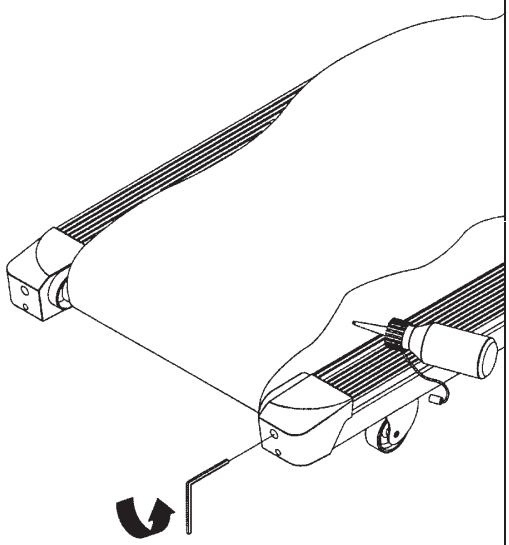
It is required that the deck be lubricated before first use and regularly thereafter according to the frequency of use (see table below).

Use 6mm Allen wrench to loosen the bolts in the end caps. Remove excessive accumulations of dust, dirt, and other substances from running deck. Use a clean soft cloth.

Warning! Do not use cleaner under the running belt.

Pull up running belt, dispense lubricant on deck, and spread evenly.

After lubricating deck, center the belt, and tighten the end caps. Check belt condition and adjust if necessary referring to the steps above.



IMPORTANT!
Silicone lubricant is designed to reduce friction between the treadmill belt and deck. Proper and timely application of Silicone lubricant will prevent excessive static electricity build-up which can result in electrical component failure in the unit's console and/or mechanical failure due to excessive wear and tear.

Suggested lubrication based on usage below:

If running at speed:
0.5~4.0 Miles/day lubricate every 1 year
4.0~7.0 Miles/day lubricate every 6 months
7.0~10.0 Miles/day lubricate every 3 months

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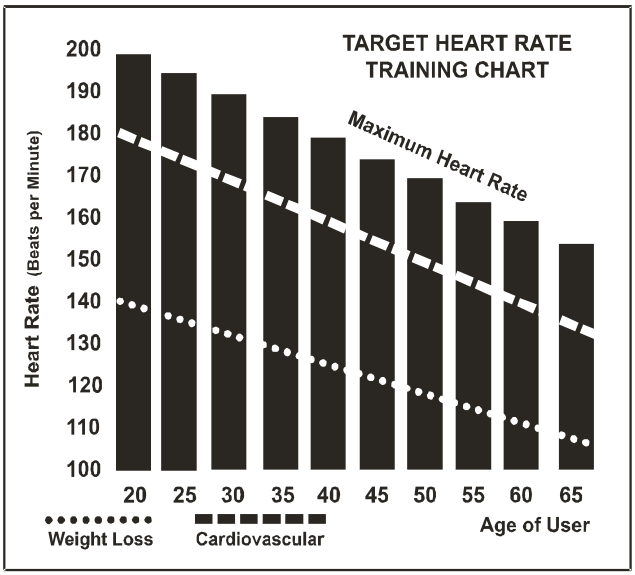
ATTACHMENT - C
TARGET HEART RATE

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User’s Age = Maximum Heart Rate. If you enter your age during programming of the console the console will perform this calculation automatically. This is used for the HR control programs. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 90% or 70%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.
With all Heart Rate Control treadmill, you may use the heart rate monitor feature without using the Heart Rate Control program.



ATTACHMENT - D

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

Increased capacity for physical work (strength endurance)

Increased cardiovascular (heart and arteries/veins) and respiratory efficiency

Decreased risk of coronary heart disease

Changes in body metabolism, e.g. losing weight

Delaying the physiological effects of age

Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km/6.2mi without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake(MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter /328ft. sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.
Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age Target heart Rate	25	30	35	40	45	50	55	60	65
10Second Count	23		22	22	21	20	19	19	18	18
Beats per Minute	138		132	132	126	120	114	114	108	108

Pulse Count
The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.
The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness
For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling your something.
Stop exercising and consult your doctor.

What to Wear
Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

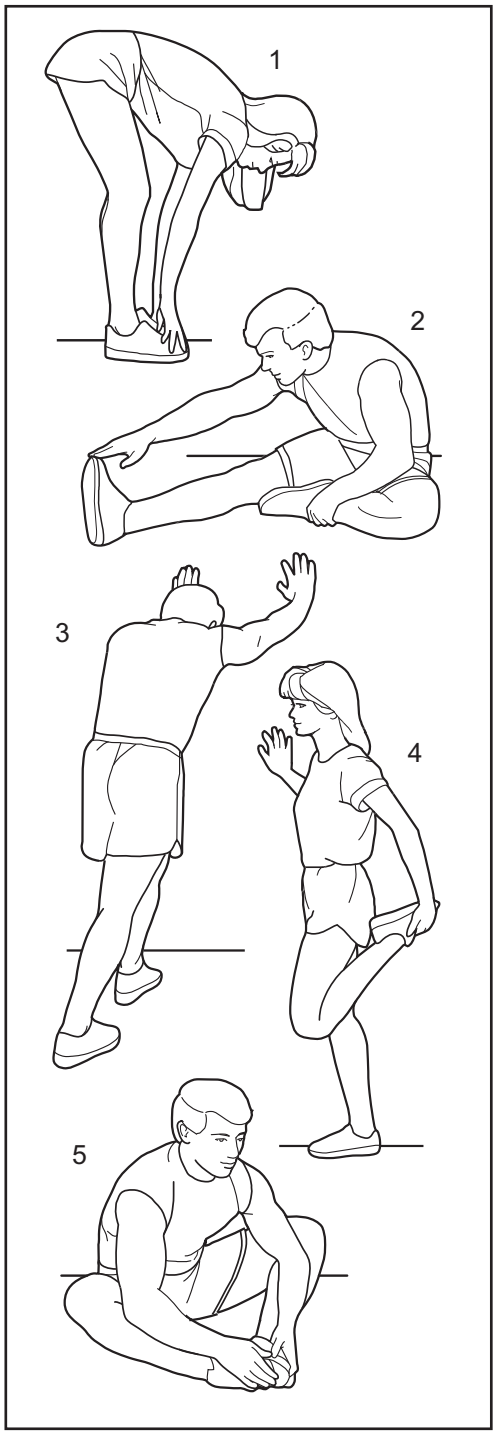
Breathing during Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

ASSEMBLY

If you are missing parts or require information on how to operate this product please call 949-206-0330.

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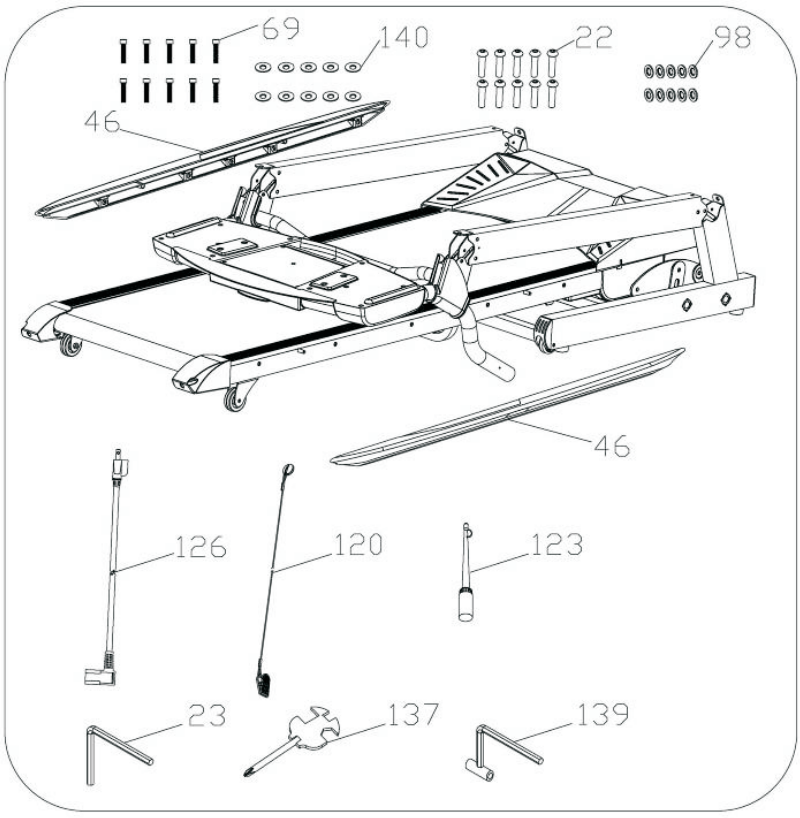
ASSEMBLY INSTRUCTIONS

Note: ***Assembly of this unit should take one person about 20 minutes to properly assemble.***

Take the unit out of the box and place it on the floor as shown Fig.0.
Make sure that all of the pieces are there:

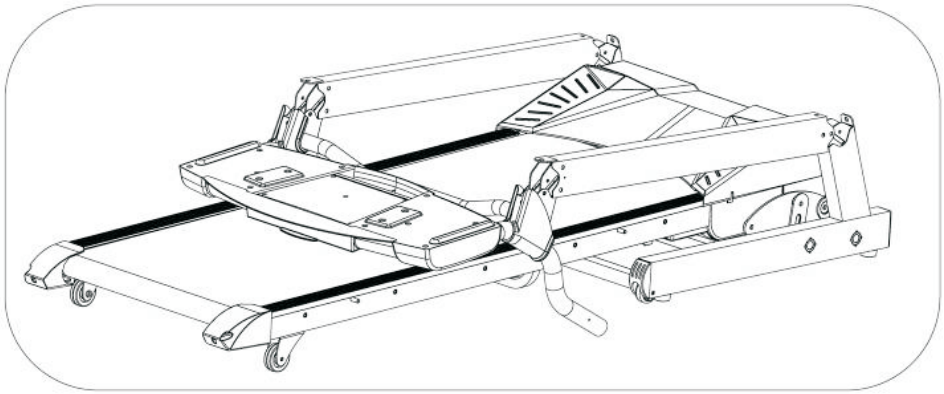
(1) Main structure; (46) Side supports; (23) Allen key 6mm; Bolts (22); (137) wrench with phillips screw driver; (139) Combination box wrench; (126) Main cable; (120) Safety key; (98) Lock Washers; (123) Bottle of lubricant; (69) Screw M6*20; (140) Washers.

Fig.0



ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 1

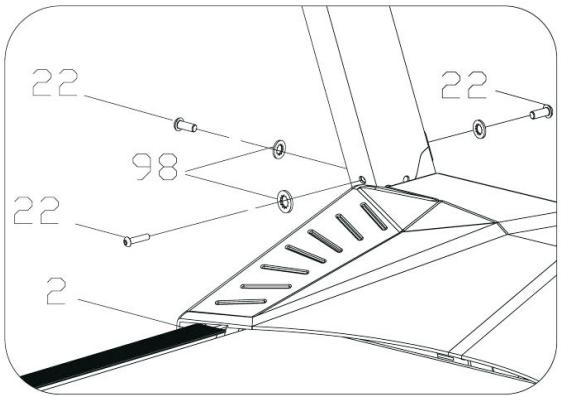


Open the carton and remove all foam and cardboard packaging.
Place the treadmill on the ground as per diagram.

ASSEMBLY STEP 2

Lift up the computer section and upright posts in the arrow direction. Note: When inserting the pole sections, ensure that the wires do not get caught and become damaged.

ASSEMBLY STEP 3



Slide left upright onto main frame, attach the upright post to frame with bolt(22) and lock washer(98) using the #5 allen wrench.

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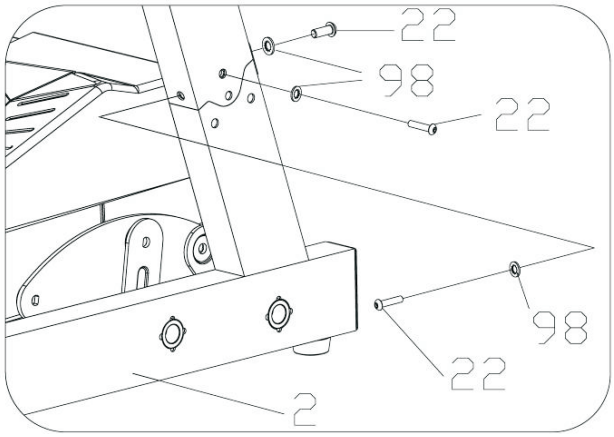
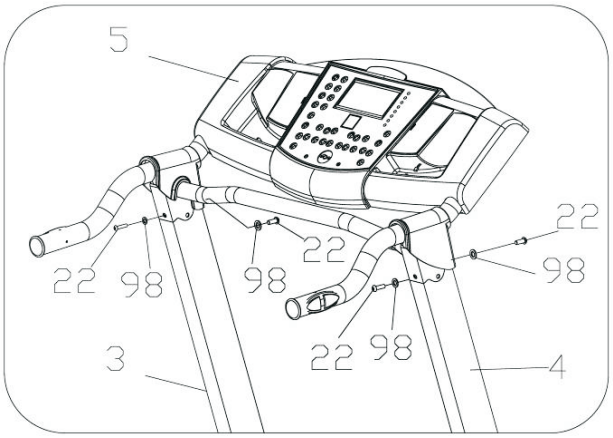
ASSEMBLY INSTRUCTIONS

ASSEMBLY STEP 4



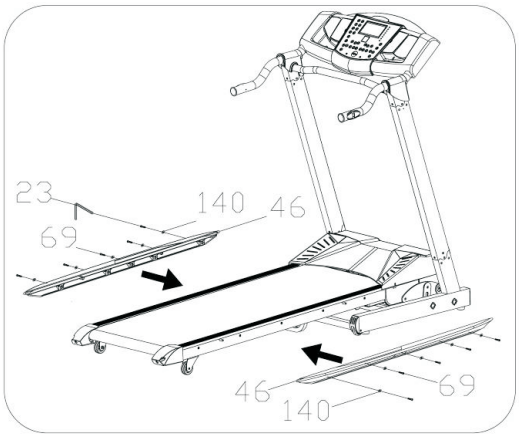
Slide right upright onto main frame, attach the upright post to frame with bolt(22) and lock washer(98) using the #5 allen wrench.

ASSEMBLY STEP 5



Take bolt (22) and lock washer (98) and insert them into R&L upright (3,4).Use the 5# allen wrench. to lock the computer(5) in place.

ASSEMBLY STEP 6



Fitting the side supports:
Bring the side support (46) up to the main structure, positioning it on the holding pins. Next, use the screw driver (23) to tighten the screws (69) and washers (140) on to the foot rest. Perform the same assembly operation with the other foot rest.

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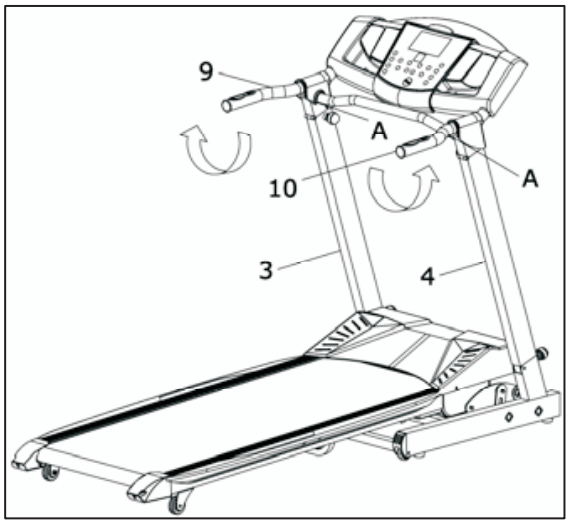
ASSEMBLY STEP 7

Fitting the handrails.
First take the combination box wrench/screw driver (139) and loosen the screws at the base of the handrail (9 and 10) a few turns in counterclockwise direction.
Rotate the handrails (9 and 10) in the direction of the arrows.
Once the handrails are positioned, tighten the screws.



ATTENTION: Pneumatic cylinder (21) is pressurized so avoid hitting or knocking it or it could become damaged. Once damaged, the operation of the treadmill may be impaired

Fig.8

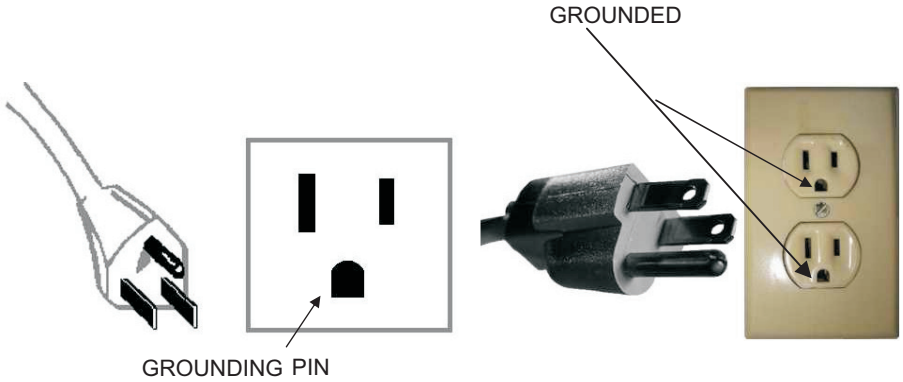
INSTALLATION

IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.
WARNING: Connect this unit to a properly grounded outlet only.
DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Grounding Instructions

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric currents, to reduce the risk of electric shock. This product is equipped with a cord which has an equipment-grounding conductor and a grounding plug The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **WARNING!** – An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product isproperly grounded. Do not modify the plug provided to you. If it does not fit the outlet, have a proper outle installed by a qualified electrician This product is for use on a nominal 110-120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connectedto an outlet having the same configuration as the plug. No adapter or extension cord should be used with this product.



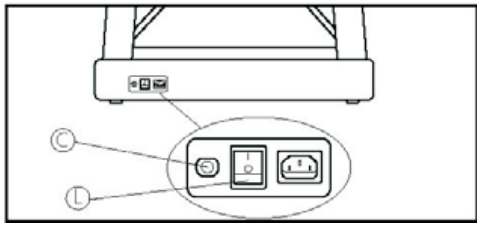
Installation Warnings

1.The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
2. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
3. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
4. Fitness equipment must always be installed and used on a flat surface. Do not use owater.utdoors or near
5. Do not insert any objects into any openings.
6. Use the treadmill only for it's intended use as described in this manual. Do not use any attachments that are not recommend . by the manufacturer
7. Start your program slowly and very gradually increase your speed and distance.
8. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
9. Never operate treadmill with air vents blocked.
10. Do not use outdoors.
11. Do not use this treadmill in areas with large concentrations of aerosol or pure oxygen sources.

INSTALLATION

1.- Set switch (L), located on the casing, to the “0” (OFF) position Fig.B.
2.- Press the circuit button (C) to reset the unit.
3.- Next, set switch (L) to the “I” (ON) position and the unit will be ready for use again.
Should the circuit breaker trip repeatedly then the most probable causes are:
-Abnormal working conditions,
-Treadmill belt in need of lubricant,
-Solvent based lubricants used (use BH type),
- Belt is too tight.
Plug the unit into a wall socket with an EARTH terminal. Set switch (L) to Position [1].

Fig.B



OPERATING INSTRUCTIONS

FITNESS.

Being fit means living life to the fullest. Modern society suffers greatly from stress. City life is basically sedentary. There are too many calories and too much fat in our diet. Doctors agree that regular exercise is a good way to control our weight, makes us more fit and help us to relax

ADVANTAGES OF EXERCISE.-

Regular exercise below a certain level for 15/20 minutes becomes aerobic. Aerobic exercise is basically exercise that uses oxygen. Normally, this is a continuous exercise without pauses. In addition to sugars and fats, the body also needs oxygen. Regular exercise improves the body’s ability to supply oxygen to all of the muscles and at the same time improve lung function, the heart’s pumping capacity and better blood circulation. In short, the energy produced during exercise burns kilocalories (known as calories).

EXERCISE & WEIGHT CONTROL.-

The food we eat is transformed into, among other things, energy (calories) for our body. If we take in more calories than we burn then the result is an increase in weight and vice versa, if we burn more calories than we eat, we lose weight. When resting the body burns around 70 calories per hour to keep our vital functions active. The table shows approximate energy use for an average person doing various activities.

ACTIVITY	CALORIES USED PER HOUR
Walking, moderate pace	140
Housework	150
Swimming (400 m/h)	300
Dancing	350
Walking, brisk (6 km/h)	370
Tennis	420
Cycling (30 km/h)	500
Squash	690

EXERCISE PROGRAM.-

Before starting any exercise program, bear in mind that exercise programs vary depending on age and physical condition. It is advisable to consult your doctor given that you will achieve better results based on his/her advice or suggestions. Regardless of whether your goal is to become more fit, or

INSTALLATION

control weight, or physiotherapy, always remember that your exercise should be gradual, planned, varied and not too demanding. We recommend that you should exercise 3 to 5 times per week.

Before beginning a session it is important to do a warm-up for 2-3 minutes at low speed. This will help protect your muscles and prepare your cardiorespiratory system.

The next stage will last 15-20 minutes at a pulse rate of between 65 to 75%, or between 75 to 85% for those already accustomed to exercise. At a later stage, once we've become more fit, we can divide this time between both levels but always remembering that the pulse rate must not exceed 85% (aerobic area) and never reach the maximum heart rate limit that corresponds to our age.

When you have finished, it is important to relax the muscles. This can be done by walking at a low speed for 2-3 minutes until the heart rate drops below the 65% line. This will prevent muscle pain, especially after an intense session. It is also advisable to finish the program with some relaxation exercises on the floor.

FINAL NOTE.

We hope that you enjoy your unit. You will soon notice the benefits of your controlled exercise program, you will feel better, have more energy and suffer less stress. You will see for yourself that it is worth staying in shape with BH.

INSPECTION & MAINTENANCE.-

Switch the unit off and unplug the mains cable.

Use a damp cloth or towel to clean the dust off the treadmill, especially the side bars and the electronic console. Do not use solvents.

Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). You can also vacuum the underside of the unit by resting it on one of its sides.

ATTENTION:

Periodically check that all of the fastening elements are duly tightened and connected correctly.

Check and tighten all the parts on your unit every three months.

Use of this machine with worn parts, e.g. the drive belt, running belt or rollers, may cause the user injury.

When in doubt about any parts on the machine, do not hesitate to get in touch with the Technical Assistance Service by phoning customer services (see last page in manual).

We recommend that your use original spare parts to replace any worn components. The use of other spare parts may cause injuries or affect the performance of the machine.

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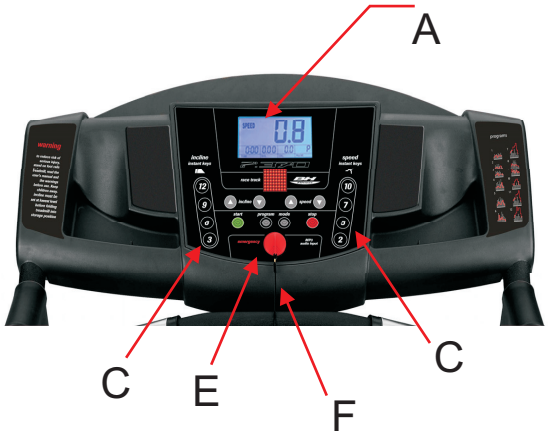
Treadmill Operations



ELEMENTS OF THE MONITOR.-

A: This display gives a simultaneous readout of SPEED; INCL.; TIME; DIS.; and CAL..

B: Incline function quick buttons (3-6-9-12).
Speed function quick buttons (2-5-7-10)

C: The electronic monitor has 16 push buttons; INCLINE ▲▼( ); START; PROGRAM; MODE; SPEED Km/h (▲▼);STOP. Quick speed buttons; Quick incline buttons.

E: Slot for safety key.

F: Safety key.

STARTING.-

Plug the unit into a wall socket with an EARTH terminal and set switch (L) to position (1).
The safety key must be inserted into its spot , otherwise the machine will not operate. As soon as the safety key is in place, the machine will beep, indicating that the machine is READY to be used.

CHANGING FROM KILOMETRES TO MILES.-

This machine has the option to display speed in km/h or mph. The factory setting for the machine is km/h.
To change from km/h to mph follow these steps:
Unplug the machine from the mains supply, remove the safety key. Plug the machine back in and insert the safety key into its slot.
Press and hold the INCLINE▲ and SPEED▲ keys at the same time for 5 approximately seconds. The speed display will show the number 0.6, the said number corresponds to miles per hour.

OPERATING INSTRUCTIONS.-

MANUAL MODE

Pressing the START key, the machine will start within 3 seconds, shown by a countdown 3-2-1, at a speed of 0.6mph.
You can increase or decrease the speed setting in MANUAL mode by pressing the SPEED▼▲ keys, between 0.6–10 mph, you can also increase or decrease the speed setting by pressing the quick access keys, the said keys correspond to values of 2– 5– 7– 10 mph.
By pressing the inclination keys INCLINE▼▲ you can adjust the elevation level, for values between 0-12.
There are also level function quick access key, whose values correspond to 2– 5– 7– 10.
The machine will stop if you press the STOP key or if you remove the SAFETY KEY

PROGRAM MODE.-

This monitor has 16 programs

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(MANUAL, P01; P02; P03; P04; P05; P06; P07; P08; P09; P10; P11; P12; U-1; U-2; U-3).

For programs P01 to P12 you can specify the duration of the exercise between (5 to 99) minutes.

With the machine ready, press the PROGRAM key and P01 will appear on the display, by pressing the PROGRAM key you can access the programs (P1 to P12), once you have chosen a program press the MODE key and the word TIME will begin to flash.

Use the SPEED▲▼ keys to specify the duration of the program (5 – 99 minutes). The monitor has a default program setting of 15 minutes.

Press the START key and the machine will start to operate after 3 seconds, shown by the countdown on the central display, based on the values it has been given.

You can change the speed settings at any time during the exercise by pressing the SPEED▲▼ keys, and the inclination settings by pressing the Incline keys.

USER PROGRAM MODE.-

The user programs allow you to design the speed and inclination graphs with reference to your fitness level.

With the machine ready, press the PROGRAM key and P01 will appear on the display, by pressing the PROGRAM key you can access the user programs (U-1; U-2; U-3), once you have chosen a program press the MODE key and the first step of the program you are designing will be shown in the window, (S-01).

Use the INCLINE▲▼ keys to select the inclination level you want for the first stage (between 0 to 12), press the SPEED▲▼ keys to select the speed that you want for the first stage between 0.6 and 10 km/h).

Press the MODE key and this will take you to the second stage (S-02) carry out the same procedure as in (S-01) varying the speed and inclination settings for this stage, and so on up to stage 10 to complete the User Program Graph.

By pressing the MODE key you can program a time limit for the exercise (between 10 to 99 minutes).

If the programmed exercise time is 10 minutes then each stage will last 1 minute.

Press START and the machine will start after a 3 second countdown, shown on the central display.

EMERGENCY STOP.-

For the user's maximum safety, this unit is equipped with a safety key and a STOP button. The safety key must be seated in its slot or the machine will not start.

When you are using the machine always clip the cord on the safety key to your clothing. Tugging on the cord will pull the safety key out of its slot and the machine will stop immediately.

To restart the machine simply put the key back into the key slot.

Remove the safety key whenever the machine is not being used and keep it out of children's reach.

Pressing the red button marked STOP will also stop the unit immediately.

To restart it, press the button marked START again.

ELEVATION.-

The inclination function operates independently of all other functions. Each time that you set switch (L) to

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position I, as described in the Starting section. the inclination level that was last used will be displayed.
To lower the inclination to zero with the unit stopped, press and hold the STOP key for 5 seconds.
If inclination is not at zero when the START key is used to begin exercising, the machine will zero itself while it is starting.
You can adjust the elevation level by pressing the INCLINE▲ or INCLINE▼ keys to specify a value of 0 to 12, depending on how you would like to do the exercise.
Important: Do not change the inclination level of your treadmill by propping it up on objects.

PULSE MEASUREMENT.-

Your pulse rate is measured by placing both hands on pulse sensors equipped with the unit. The pulse rate readout will appear after a few seconds. The heart symbol next to the pulse rate value will flash in time with your heart rate.

IMPORTANT: This is not a medical appliance and therefore the heart rate shown is merely a guideline

HEART RATE (HPC).-

This program (HPC) allows you to do exercise on the machine at a constant user-defined pulse rate. Press the PROGRAM key when the machine is READY keys to select the program setting and the corresponding HPC program window will start to flash, press the MODE key to confirm it. Now the window will start to flash. Use the (+ - or ▲▼) keys to enter your age (between 15 and 80 years). After entering your age press the MODE key and the corresponding heart value according to the function table will appear in the TIME window (See graph at the end of the program section for HPC age and heart rate). If you wish to change the pulse rate, enter the value using the (+ - or ▲▼) keys, raising or lowering the pulse rate at which you want to do the exercise. E.g. If you have specified 100 B.P.M (Beats Per Minute) then the machine will slow down automatically whenever you go above this value. If, on the other hand, you fail to reach the specified BPM value, then the machine will speed itself up until you do. Press the MODE key and the TIME window will flash. Use the (+ - or ▲▼) to specify the duration of the exercise (between 10 and 99 minutes). The monitor's default setting is 30 minutes. Press the START key and the machine will start to operate after 3 seconds, shown by the countdown on the central Program Profile display (A).

IMPORTANT: THE INCLINATION LEVEL MUST BE AT ITS LOWEST SETTING BEFORE ATTEMPTING TO PUT THE TREADMILL INTO THE FOLDED POSITION.

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ADDITIONAL MAINTENANCE INSTRUCTIONS
CLEANING

WARNING: Always unplug your treadmill prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

Care has been taken to assure that your treadmill has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

STORAGE

Caution: You must be able to safely lift 20 kg (45lbs) in order to raise\lower and move the treadmill.

To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85 degrees Fahrenheit.

Do not attempt to move the treadmill over uneven surface.

FOLDING YOUR UNIT.

IMPORTANT: Before folding your unit, make sure that the hand rails (9 and 10) are fitted and tightened correctly. This treadmill is equipped with a safety release mechanism for folding purposes. To fold and store the unit follow the instructions below,Fig.9:
Before attempting to fold the unit, stop the belt, lower the elevation setting to minimum and unplug the cable from the mains socket. Lift and fold the machine up until you hear it lock into position (16), located at the bottom of the machine, Store your unit in a dry place, preferably not subject to changes in temperature.

UNFOLDING YOUR UNIT.

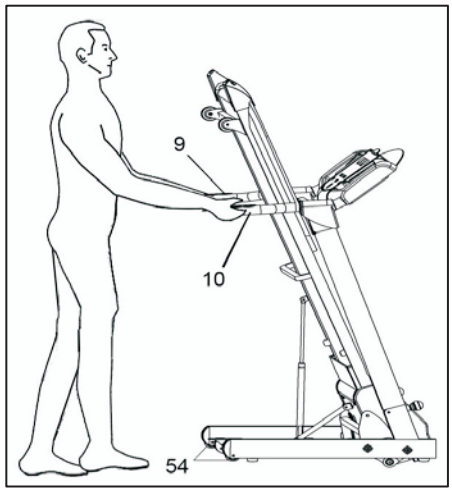
If you wish to use the treadmill, do the reverse procedure. Use your foot to press lever (16) in the direction of the arrow and slowly lower the treadmill belt down to the floor. When folding or unfolding the treadmill make sure that there are no children about or obstacles that might hinder the folding motion Fig.9.

MOVEMENT & STORAGE.

The unit is equipped with wheels (54) to make it easier to move. Make sure that the mains cable is unplugged from the wall socket.
If you wish to move the treadmill, the first thing to do is to fold it up, place your hands on the handrails (9 & 10) and tilt the treadmill, so that the wheels (56) rest on the floor. To prevent accidents DO NOT move the treadmill across uneven floors Fig.10.

Fig.9

Fig.10



TROUBLE SHOOTING

FAULT FINDING CHART

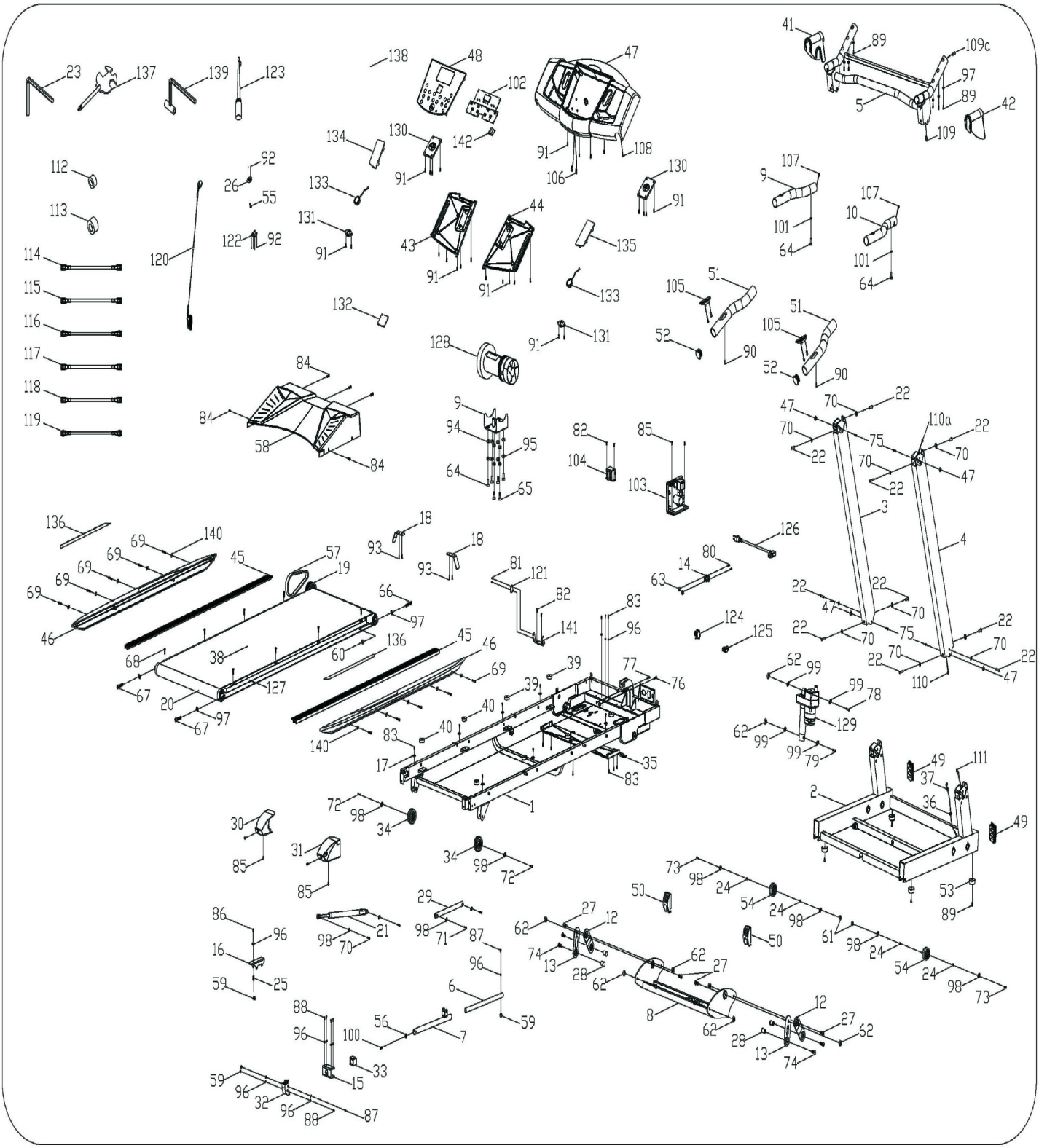
PROBLEM	CHECKS	SOLUTIONS
1.The monitor does not switch on.	1) Make sure that the machine is plugged in, the ON/OFF switch in position 1 and that the safety key is inserted.	1) Plug the machine into the mains supply. Set the switch to position 1 and insert the safety key.
2.The monitor switches on but the motor fails to start.	2) Check that the current limiter is pressed in.	2) Switch the machine off and press the circuit breaker in. Lubricate the treadmill band.
3.Walking motion is jerky on the treadmill.	3.a) Check that the belt is lubricated. 3.b) Check the tension on the sliding belt. 3.c) Check the tension on the drive belt.	3.a) Lubricate the sliding belt. 3.b) Adjust the belt tension. 3.c) Adjust the drive belt tension.
4.The machine stops (the breaker trips).	4) Check that the band is lubricated.	4) Reset the overload button with the On /Off switch at „0“ and lubricate the treadmill band.
5.Electrical shocks through the handrail.	5) Check that the machine is plugged into an earthed mains socket.	5) Plug the machine into an earthed mains socket.
6.The treadmill belt skews off centre.	6.a) Check that the machine is level on the floor. 6.b) Check that the machine does not wobble.	

ERROR CODES

E1	Possible message fault.	Connect the wire well between top controller and bottom controller
E2	Burst clash.	Operating with correct voltage;Connect the motor wire again.
E3	No speed sensor signal	Replace the sensor LED on the bottom controller or speed sensor.
E4	Elevation fault	Connect the VR and AC wires well.Press the small button on the bottom controller for 3 seconds.
E5	Possible motor overload.	Lubricate the belt.

EXPLODED VIEW

(Use key numbers to reference the part numbers.)



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PARTS LIST

Part No.	Description	Spec.
1	MAIN FRAME	
2	BASE FRAME	
3	LEFT UPRIGHT	
4	RIGHT UPRIGHT	
5	COMPUTER FRAME	
6	PLATING TUBE	
7	MOVING TUBE	
8	INCLINE FRAME	
9	LEFT HANDLEBAR	
10	RIGHT HANDLEBAR	
11	MOTOR FRAME	
12	FRONT CONNECT PLATE	
13	CONNECT PLATE	
14	METAL PLATE FOR A-WING SOCKET	
15	U SHAPE PLATE	
16	FOOT PLATE	
17	FOOT RAIL WASHER	
18	DEVICE PLATE	
19	FRONT ROLLER	
20	REAR ROLLER	
21	GAS SHOCK	
22	BOLT	
23	ALLEN KEY	5mm
24	MOVING WHEEL END CAP	
25	SPRING	
26	SAFETY KEY PLATE	
27	BOLT	M10*20 11
28	SLEEVE	
29	CONNECT TUBE	

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PARTS LIST

Part No.	Description	Spec.
30	LEFT REAR END CAP	
31	RIGHT REAR END CAP	
32	PLASTIC STOP COLLAR	
33	INNER TUBE CAP	
34	ADJUST WHEEL	
35	MOTOR BOTTOM COVER	
36	RING CORD	
37	POWER CABLE CORD	
38	RUNNING BELT	
39	BLUE CUSHION	
40	BLACK CUSHION	
41	LEFT HANDLEBAR COVER	
42	RIGHT HANDLEBAR COVER	
43	MONITOR LEFT BACK COVER	
44	MONITOR RIGHT BACK COVER	
45	SIDE RAIL	
46	A-WING	
47	MONITOR TOP COVER	
48	MONITOR DISPLAY COVER	
49	INNER TUBE CAP	
50	MOVING WHEEL END CAP	
51	GRIP FOAM	
52	END CAP	
53	FLAT WASHER	
54	MOVING WHEEL	
55	SAFETY KEY BALL	
56	FLAT WASHER	
57	DRIVING BELT	
58	MOTOR COVER	
59	SCREW	M5

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PARTS LIST

Part No.	Description	Spec.
60	SCREW	M6
61	SCREW	M8
62	SCREW	M10
63	BOLT	M3
64	SCREW	M8*20
65	SCREW	M8*46 20
66	BOLT	M6*50
67	BOLT	M6*75
68	BOLT	M6*32
69	BOLT	M6*20
70	BOLT	M8*25 15
71	BOLT	M8*35 20
72	BOLT	M8*40 20
73	BOLT	M8*50 20
74	BOLT	M10*25
75	BOLT	M8*52 20
76	BOLT	M8*60
77	BOLT	M8*65 20
78	BOLT	M10*45 20
79	BOLT	M10*110 20
80	SCREW	M3*10
81	SCREW	M3*6
82	SCREW	M4*6
83	SCREW	M5*8
84	SCREW	M5*8
85	SCREW	M5*12
86	SCREW	M5*16
87	SCREW	M5*35
88	SCREW	M5*40 10
89	SCREW	M6*16
90	SCREW	ST4.2*35
91	SCREW	ST4.2*12
92	SCREW	ST2.9*8
93	SCREW	ST4.0*15
94	FLAT WASHER	8
95	SPRING WASHER	8
96	FLAT WASHER	5

PARTS LIST

Part No.	Description	Spec.
97	FLAT WASHER	6
98	LOCK WASHER	10
99	FLAT WASHER	10
100	SCREW	M6*10
101	WASHER	φ8*φ22*2.0
102	TOP CONTROLLER	
103	BOTTOM CONTROLLER	
104	TRANSFORMER	
105	HANDLE PULSE	
106	HAND PUSLE UPPER WIRE	
107	HAND PUSLE MIDDLE WIRE	
108	MONITOR UPPER WIRE	
109	MONITOR MIDDLE WIRE 1	
110	MONITOR MIDDLE WIRE 2	
111	MONITOR LOWER WIRE	
112	MAGNETIC RING	
113	MAGNETIC CORE	
114	AC SINGLE WIRE	120
115	AC SINGLE WIRE	150
116	AC SINGLE WIRE	150
117	SINGLE WIRE 1	350
118	SINGLE WIRE 2	350
119	EARTH WIRE	
120	SAFETY KEY COMPONENT	
121	SPEED SENSOR	
122	SWITCH BOARD	
123	SILICON	
124	POWER SWICH	
125	BREAKER	
126	POWER CABLE	
127	RUNNING BOARD	
128	DC MOTOR	
129	INCLINE MOTOR	

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PARTS LIST

. Part No.	Description	Spec.
130	LOUDSPEAKER FIXING PLASTIC	
131	LOUDSPEAKER SUPPORTING PLASTIC	
132	Mp3	
133	LOUDSPEAKER	
134	LEFT LOUDSPEAKER COVER	
135	RIGHT LOUDSPEAKER COVER	
136	ANTI-SLIPPERY RUBBER	
137	WRENCH/SCREW DRIVER	S=13、14、15
138	MONITOR OVERLAY	
139	BOX WRENCH	S=5 , 13 , 14
140	FLAT WASHER	
141	SENSOR CONNECT BOARD	

North American Warranty

Warranties may vary in other countries. See your local Fitness Dealer.

WARRANTY SUBMITTAL

Please have the following information available when contacting your dealer or BH for warranty support.

- A copy of the dated purchase receipt or credit card statement.
- An explanation of the problem/malfunction or parts that are missing or damaged.
- Owner's name, address and phone number.
- Model and Serial Number

Forward your information to BH North America by:

FAX: (949) 206-0013
E-mail: fitness@bhnorthamerica.com
Mail to: 20155 Ellipse, Foothill Ranch, California 92610, USA
For troubleshooting assistance or to confirm your claim please phone:
(949) 206-0330

BH FITNESS extends the following exclusive, limited warranty for this unit, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only.
Any other use of the device shall void this warranty.

FRAME – Lifetime
BH Fitness warrants the Frame against defects in workmanship and materials for Lifetime, as long as it remains in the possession of the original owner.

DRIVE MOTOR – 15 Years
BH Fitness warrants the Drive Motor against defects in workmanship and materials for 15 years, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS – 3 Years BH Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of one years from the date of original purchase, as long as the device remains in the possession of the original owner.

LABOR – 1 Year BH Fitness shall cover the labor cost for the repair of the device for a period of one year from the date of original purchase, as long as the device remains in the possession of the original owner. Labor warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

North American Warranty

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year, products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS
This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION
Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.